



# Reducing Health Care Expenditures by Investing Early

Colorado Commission on Affordable Health Care

April 11, 2016





## Who We Are

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The Colorado Children's Campaign is a nonprofit, nonpartisan advocacy organization committed since 1985 to ensuring every chance for every child in Colorado. We champion policies and programs in **child health, early childhood and K-12 education.**





# Why Must We Start Early?

- **Prenatal to age 8** is a critical time for kids
- Strong link between mental and physical health and **school readiness, academic success and long-term health and life outcomes**
- **Cost savings** occur in the future
- The bottom line:  
Contain costs by ensuring children grow up to be healthy adults.

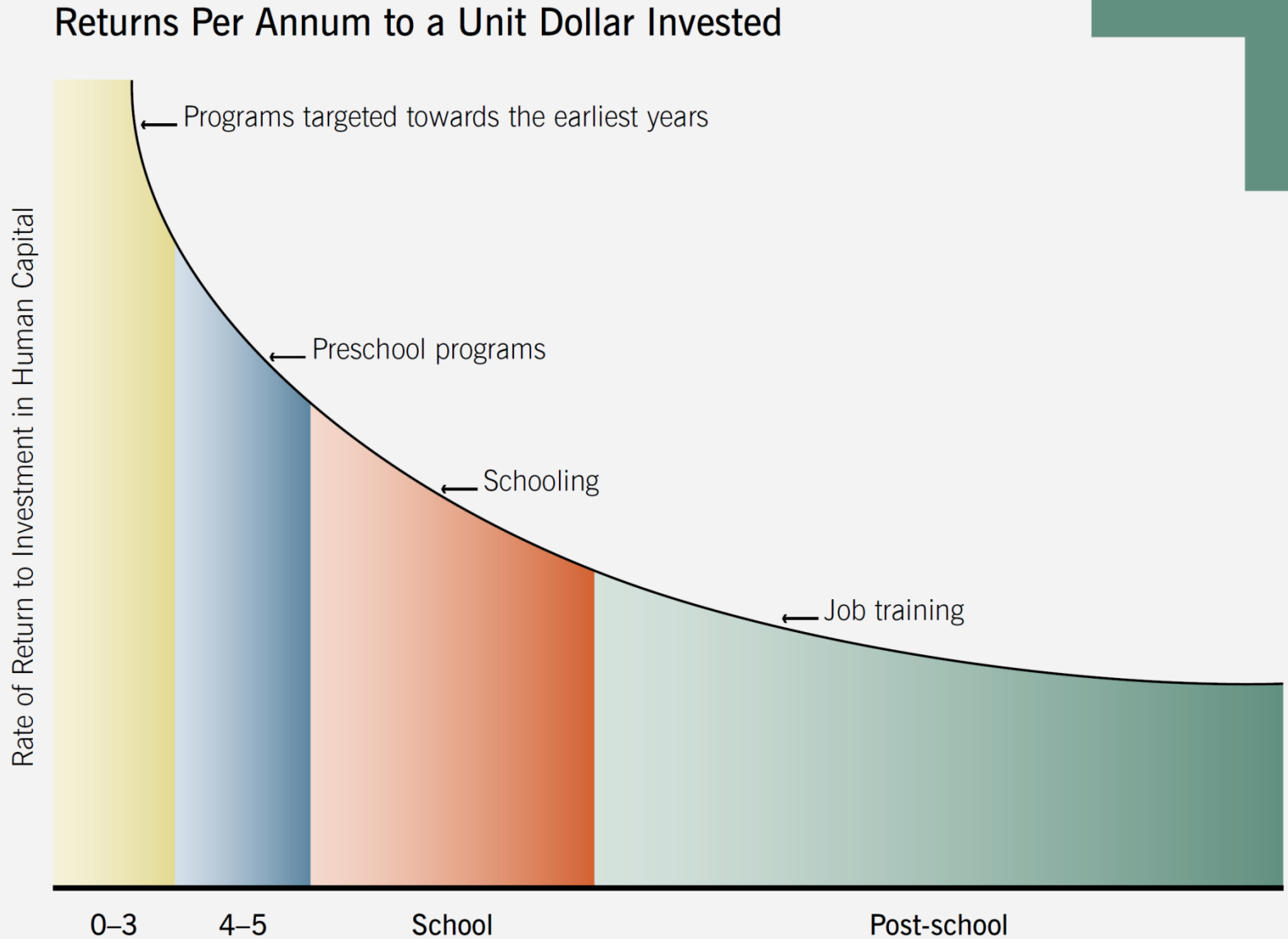
*“It is easier [and cheaper] to build strong children than to repair broken men.”*

*-Frederick Douglass*





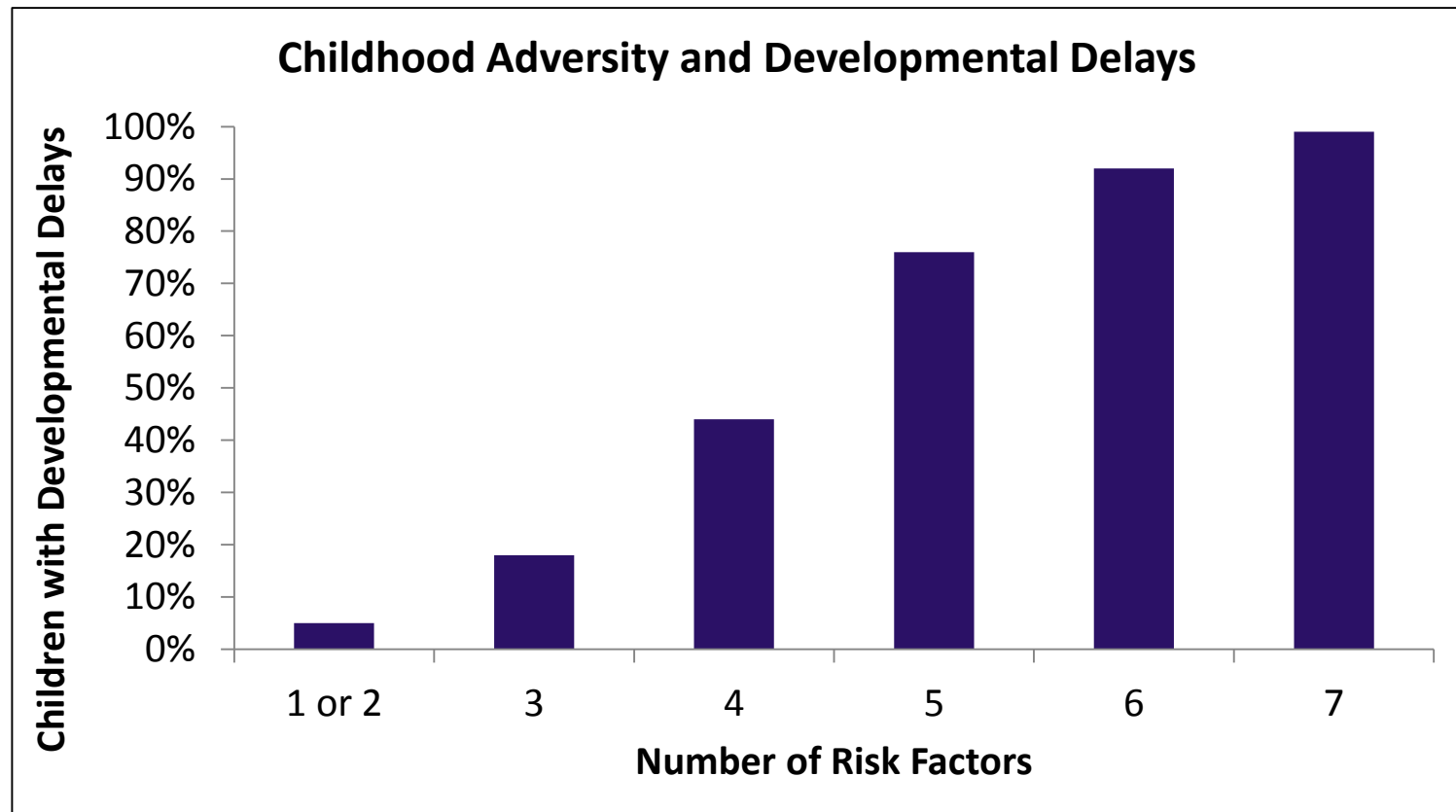
# Pay A Little Now or A Lot Later





# Early Experiences Shape Development and Lifelong Health

- Nearly half of U.S. kids are exposed to traumatic social or family experiences during childhood.
- Children who experience significant adversity early face long-term challenges.





Recommendations





# 1. Invest in Programs to Prevent Unintended Pregnancies, Especially among Teens (ROI \$1:\$2-6)

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In 2014, the Colorado Department of Public Health's family planning program spent an average of \$404 per patient for a family planning visit. The average Medicaid birth costs more than \$11,500 per woman.





## 2. Ensure ALL women in Colorado have access to prenatal care (ROI \$1:\$2.5-3)

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**Including dental care, vaccines and tobacco cessation tools**







### 3. Advance Childhood Vaccines ROI (\$1: \$3-10)

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In 2013, vaccination prevented nearly 31,000 cases of vaccine-preventable disease in Colorado children and over \$440 million in hospitalization charges.





## 4. Ensure Access to Developmental Screening and Services (ROI varies)

- Less than half of Colorado kids under 6 **received a screening** in 2011-2012, less than 11% of children who fail a screening **receive services**
- **Services can improve a child's development**
- Need for a statewide **screening, referral and care coordination** model and statewide **navigation system** to connect caregivers, families and providers to referral and mental health resources
- Health system structure should encourage **integration** of mental health and primary care





## 5. Ensure access to Childhood Mental Health Services (ROI varies)

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- Ensure parents, health and child care providers have **access to early childhood mental health services**
- Mitigating toxic stress can reduce long-term effects of ACEs.
- 4+ ACEs correlate with:
  - 4-12x increase in alcoholism and drug use
  - 4-12x increase in depression
  - 2-4x increase in smoking
  - 1.4-1.6x increase in obesity
  - Increased probability of heart disease, diabetes, STDs





## 6. Ensure Access to Nurse-Family Visiting (ROI \$1:\$2-6)

- Improves child health and development, school-readiness and family economic sufficiency
- Results:
  - 50% reduction in domestic violence
  - 90% immunization rate by age 2
  - 21% reduction in smoking during pregnancy
  - 32% reduction in alcohol use during pregnancy
  - 15 years later: reduced criminal activity by mother & child, improved school success, fewer months on welfare, reductions in child abuse and neglect





## 7. Ensure Access to Quality Childcare ages 0-3 (ROI varies)

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- Increases maternal employment and earnings
- Can improve math and reading skills and high school graduation rates
- Can improve health







## 8. Universal Access to Quality Preschool (ROI \$1: \$4-13)

- **Less than half** of Colorado 3 and 4 year olds were enrolled in preschool in 2011-2013
- **Colorado Preschool Program** availability capped due to funding
- **Preschool increases earnings, reduces the need for repeated grades, reduces involvement with criminal justice system, and improves physical and behavioral health.**



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